

# CAA News

THE NEWSLETTER OF THE CENSUS ALUMNI ASSOCIATION ♦ January 2002

## Reunion Redux

Those of you who signed up for the October reunion should have received your refund checks long ago. The rest of you may be unaware that we had to cancel our plans because of increased security at Andrews AFB following the September 11 tragedy. We are checking on the possibility of a belated reunion luncheon in April or early May. You'll hear as soon as we have something definite.

## News From Alumni

Don Starsinic sent a newsy e-mail revealing all the activities he keeps involved in. He and wife Margaret have been busy taking her mother to high school and elementary school class reunions, and Don says he's become his family's genealogical expert. He was also involved in helping draw up boundaries for redistricting in his county. His Census Bureau experience was unknown to the commissioner who appointed him, but the plan he helped create was accepted without change.

He and Margaret were also interviewed by the local paper about their work with the Great Leaps reading tutoring program, and Don got his picture on the front page! Great Leaps focuses on phonics, phrases, and short stories aimed at making reading easier for 3rd through 5th graders.

Sol Helfand says that he and Estelle still enjoy living in Florida after 14 years. Their children gave them a super 50th anniversary party last year and topped it off with a cruise to Alaska! Sol says they see Ruth & Shelly Rubin often, and they get together often with Ron & Cheryl Picnykoski, Irv True and his wife, and Bob Crowther. They had a nice visit last year with Ty Sturdevant and his wife. This fall they traveled to Australia with Gerry Post (see his account on page 4).

## Relief for Nighttime Heartburn

Dr. Donald Castell, of the Graduate Hospital in Philadelphia, says stomach acids can also damage the esophagus and increase cancer risk. Here are some ways to stop the burn:

- Exercise before, not after, dinner. Exercising on a full stomach can trigger acid reflux.
- Eat a light dinner; try to eat your main meal and high-fat snacks early in the day. Fat can relax muscles in the esophagus, causing reflux.
- Don't eat anything after 8 p.m. Your stomach needs a full 3 hours to empty out before bedtime.
- Take over-the-counter and prescription medicines to decrease stomach acids just before going to bed.
- Go to sleep on your left side. The esophagus enters the stomach on the right side; sleeping on your left prevents any remaining food from pressing on the opening to the esophagus, which could cause reflux.

## Time to Pay Up

With the start of a new year, it's time to pay your \$5 annual CAA dues. To keep the newsletter coming and get invited to the next reunion, make your check out to CAA and send it to P.O. Box 1480, Suitland, MD 20752. Do it now!

## New Benefits Web Site

A new Web site developed by the National Council on Aging (NCOA) helps seniors connect with federal and state programs available to help them. The URL is [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org). This site maintains eligibility criteria for 40 to 60 programs that seniors may be eligible for in each state. After filling out a simple on-line form, seniors receive a report detailing the programs for which they may qualify, along with information on where and how to apply for those benefits.

## DEATHS

**Robert B. Veight**, 91, died October 9 at Sibley Memorial Hospital of complications from injuries sustained in a fall at his home in McLean, VA. Bob had been a CAA board member and, along with Helen Tuir, was co-editor of the *CAA News* until a few years ago. He worked for more than 20 years at the Census Bureau before retiring in 1974 as chief of the data access and use office. One of his chief responsibilities was the annual publication of the *Statistical Abstract*. Bob began his civil service career in 1934 as a statistician for the Works Progress Administration. Later he was a statistician in the Census Bureau's Population Division and chief of the Field Division leading up to the 1960 decennial census. He served in the Navy during World War II. His wife of 51 years, Vera, died in 1995. Survivors include a son and a grandson.

**Jervis ("Jerry") Braunstein**, 87, died October 8 at a hospice in Phoenix after surgery for a subdural hematoma. He had Alzheimer's Disease. Braunstein retired in 1973 as a program manager at the Census Bureau. During his 27-year career there, he worked on the agriculture and population censuses. He moved to Arizona from Oxon Hill, MD, after retiring. He enlisted in the Army in 1938 and served during World War II in North Africa and Europe. In April 1945 his unit liberated Dachau concentration camp. His honors included a Purple Heart and a Meritorious Service Award. Survivors include his wife of 55 years, Shirley, a son, a sister, and two grandchildren.

**Harold Webb Curran**, 91, died of sepsis at Bethesda Naval Hospital on October 23. He did financial work for the Census Bureau in the 1930s. Survivors include his wife of 66 years, Dorothy, a son, two grandchildren, and four great-grandchildren.

**Grace Waibel** died August 1 while vacationing in California. She had recently retired from the Census Bureau, where she worked for many years in the Census library. Survivors include two sisters and numerous nieces, nephews, and other loving relatives and friends.

**Frederick Mohrman**, 69, died of a heart attack November 28. He began his government career in

1959 as a budget analyst with the Census Bureau. His later positions included assistant budget officer at the Bureau of the Budget and deputy budget officer at the Department of Commerce. He retired in 1996 as chief clerk and staff director of the House Appropriations Committee. Survivors include his wife of 48 years, Jan, five children, four grandchildren, a brother, and three sisters.

**Helen Marie Hall**, 85, died December 14 at her home in Silver Spring, MD. She had a heart ailment. She worked as an administrative officer for the Census Bureau for 20 years before retiring in 1972. Survivors include a sister, three children, 13 grandchildren, and 19 great-grandchildren.

### What's Your E-Mail Address?

Since our last CAA member directory, many of you have gotten e-mail capability. Please let us know your e-mail address for inclusion in the next directory. Send it to our treasurer, Ezilda Gorman, at [ezilda@erols.com](mailto:ezilda@erols.com). While you're at it, let her know if your address or phone number has changed.

### That Full Feeling

If rich holiday foods have left you feeling heavy and unhealthy, go to these Web sites now for some nutrition and weight loss tips:

1. <http://weightloss.about.com/health/weightloss>
2. <http://www.prevention.com/weight/wlwh>
3. <http://www.cyberdiet.com>

### Bring Back the Good Times

If you like to remember "the good old days," you'll certainly enjoy a magazine called *Reminisce*. It's full of old-time ads, comics, photographs, recipes, memories of radio personalities, and personal recollections by readers. A 1-year subscription is \$17.98; mail to P.O. Box 5282, Harlan, Iowa 51593-0782. (If you ask nicely, they'll send you a sample issue free.) They also have back issues for sale; I'd recommend going back a year or two to find some of the more interesting stuff.

### Some Great Things About Getting Old

- Your clothes are back in style.
- Your spouse still snores, but now you can't hear it.
- Goodbye to the PTA.

## Results of CAA Election

Charles Waite, chairman of the nominating committee, certified the following election results:

- President: Francis Boucher, reelected
- Vice President: Edwin Goldfield, reelected
- New Directors: Shirley Jones, Louis Kincannon, Sherman Landau, and Bob White

Thanks to the 175 members who voted.

## A Visit to the Far East

Ezilda Gorman (CAA treasurer) and her sister Bernie took a wonderful trip in October to China, Korea, and Japan. Here is their report.

After a huge breakfast, we started our tour of Beijing. The Summer Palace is the largest and best preserved of all Imperial Palace Gardens. One of its major attractions is a large lake on which resides "The Marble Boat," a beautiful work of art that has never floated because it is too heavy. Other attractions include the Eastern Palace Gate, a very ornate entrance, and the Benevolence and Longevity Palace of Virtue and Harmony.

Next we visited Tiananmen Square, which commands the entrance to the Imperial Palace and houses important monuments such as the Great Hall of the People, the Museum of Natural History, and the Museum of the Revolution. From Tiananmen Square we went to the Forbidden City, a maze of palaces built between 1417 and 1420 to serve as the residence of the emperor. Next we went to the Beijing Zoo, where we were only able to see 5 of the 19 Pandas housed there, and all were asleep. (They are lazy animals.)

The next morning we rode to The Great Wall. The wall goes along the tops of mountains and is one of the most astonishing feats of human endeavor; it is said that more than 300,000 men worked for 10 years to build it. We walked a portion of it along with crowds of school children and other tourists. On the way back we visited the impressive Ming Tomb, which is guarded by about 20 stone animals

and a number of stone warriors.

The next morning we boarded the Norwegian Wind in the port city of Xingang, and spent days 5 and 6 cruising the Yellow Sea and the East China Sea.

Our next stop was at Pusan, Korea's busiest port. There we visited a bustling fish market, the United Nations Cemetery, and the International Market with its many alleyways of shops. Here Bernie and I each had to buy another suitcase to hold all the goodies we were buying along the way.

Day 8 we were at Nagasaki, Japan. I had expected to see devastation, but the city has rebuilt the area where the bomb fell and established the Peace Park, with a huge statue erected in 1995 to express prayers for the repose of the victims' souls and for everlasting peace. We also visited the Atomic Bomb Museum, and our last stop was at Glover Garden for a panoramic view of the harbor. (The garden is rumored to be the setting of Puccini's opera *Madam Butterfly*.)

Following another day at sea, we arrived at Shanghai. While Beijing reminded me of Washington, D.C., Shanghai was like New York City with its large skyscrapers and huge crowds. Here we visited the Yu Garden with its tea houses, pavilions, and a small lake, the Jade Buddha Temple, and shopping in the Nanjing area. That night we attended a very impressive acrobat show, after which we had a tour of the city lights. After two more days of cruising the East China Sea and the Formosa Strait, we arrived at Hong Kong and transferred to the airport for our flight home.

The people in China were very gracious, the cities were clean, and everyone was looking forward to the 2008 Olympics in their country. The one negative was that the Chinese food there is not like what we eat here, and we did not care for the spices used. We had a wonderful time and were impressed by the places we visited.

## A Few Things to Think About

- Is it okay to use the AM radio after noon?
- What do people in China call their good dishes?
- Why didn't Noah swat those two mosquitoes?
- What do you call a male ladybug?

## A Visit to Australia

Sol and Estelle Helfand and Gerry Post just returned from an exhilarating 23-day trip to Australia. Their travels took them to Melbourne, Adelaide, Ayers Rock, Alice Springs, Kakadu National Park, Darwin, Cairns, and finally Sydney.

One of the highlights was a short flight to Kangaroo Island (off the coast at Adelaide), which is naturally beautiful and abounds in wildlife. Another was a two-day stay in the resort city of Port Douglas, where they took a catamaran to the Great Barrier Reef and where Sol and Estelle went snorkeling. Their only regret was not spending more time in the world-class city of Sydney.

The food was good, especially kangaroo and emu, and the sights were wonderful, but their most lasting impression of Australia was the people, who were extremely warm, friendly, and accommodating. They highly recommend the trip to anyone who has the fortitude to sustain 15-hour plane rides and a tumultuous schedule.

If anyone is thinking of going to Australia, Sol or Gerry can give you some helpful information on what to see and how long to spend in each part of the country. Sol can be reached at 727-376-0604 and at [solstel@microd.com](mailto:solstel@microd.com), and Gerry at 954-341-6977 and 301-590-0021 and at [postman@pobox.com](mailto:postman@pobox.com).

## HELP WANTED!

The big empty space on this page (which this text is partly filling) is there because we had too much good stuff for two pages, and not enough for four.

You may also have noticed that only two people sent in "News of Alumni" items and two sent in reports of their recent adventures. These four are to be commended for sharing their news with the rest of us. But where are the inputs from the rest of you?

Almost everyone has something of interest to tell: vacations taken, grandchildren's activities, your

wellness (or lack thereof), things you've discovered about the place you moved to after retirement, part-time jobs you've taken, hobbies that keep you occupied, movies and plays and concerts you've enjoyed, jokes to tell, etc., etc.

Maybe you think no one would be interested in the details of your mundane life; please, let us be the judge of that! There are people who remember working with you and who occasionally wonder what's happened to you and how you're doing.

At one of our reunions, I asked an old coworker why she didn't send in anything about her life during retirement. She said she thought people would be interested only in information about "big-wigs"—former supervisors and division chiefs. This is definitely not true! Ask yourself if there aren't some non-"big-wigs" you'd like to hear about.

Remember, your submittal doesn't have to be polished prose or literary quality. Jot down some notes on the back of an old grocery bag if you wish, and send it in. The editor will hack at it and try to clean up any grammatical or style errors before publishing it.

Please let us know what you're up to and how you're doing. People *do* want to know.

CAA News is published three times a year by the Census Alumni Association; Jerry Mann, editor.

### Deadlines for submissions:

January issue .....	Dec. 10
May issue .....	Apr. 10
September issue .....	Aug. 10

Your contributions are welcome on any subject of interest to former Census Bureau employees, especially news of yourselves and your families. Please send contributions to CAA, P.O. Box 1480, Suitland, MD 20752, or to [gmann928@hotmail.com](mailto:gmann928@hotmail.com). (E-mail is preferred.)